1: Meek E, G-5 (1925-1930) 1931
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There ARE ALSO fishing battues, traps and nets being used. The fishing rites will be described under the head of religion.

Foods.—The Katab has two principal meals, at mid-day and after sunset (generally rather late in the evening, between 8 and 9). He also usually has a snack of something in the early morning. The porridge (*tuk*) of the evening meal is made from *dauro* millet, and it would not suit the palate of the Hausa, as the flour from which it is made is gritty, the result of insufficient milling and winnowing. The soup which accompanies the porridge is made usually of hibiscus seeds (*zuzan*), which the Hausa would only use as a last resort (he seasons his with the fruit of the locust-bean). Salt (or charcoal), pepper and wild tomato are added to the soup. A Hausa would not add tomato to a soup containing meat, but the Katab does not mix his meat with the soup (like the Hausa); he eats it separately. The Katab does not always have the luxury of *tuk* at night. He may be content with a dish of beans (*dijok*) or of *kali* (Hausa *fate*), i.e. guinea-corn seasoned with hibiscus leaves, or of boiled yam. The yams are not pounded and made into *sokara* after the Yoruba fashion. They are boiled in their skins, put out on a mat, cut up and divided by the head of the household, each person skinning his own share. Yams or *gwaza* so treated may form the entire menu for the day, i.e. they may be cooked over night, eaten hot first thing in the morning, eaten cold during the day, and eaten again hot at night.

As regards meat, the Katab eats beef, goat, sheep, chicken, bush pig, monkey, iguana (a particular delicacy among all tribes, Kanuri excepted), rats, etc., but does not (like his Kagoro brethren and southern tribes) eat dog's flesh. He uses his dogs for guarding the compound at night and for hunting. Nor does a dog form part of the bride-price, as among the Kagoro. The Katab commonly sell their dogs to the Kagoro and buy goats with the proceeds. Horse- and camel-flesh are taboo.

Beer (*akan*) is an important foodstuff, and the method of its preparation may be recorded. The guinea-corn is soaked in water for three nights, and is then spread out on a cemented surface, and covered with leaves to protect it from the wind and sun. The grain bursts and is put out in a basket, dried in the sun, and finally milled. The flour is placed in a pot, water is added, and the mixture is stirred regularly throughout the day. It is then boiled and left until the sediment has settled. The